



# TLC Trauma Training

## Using Mind Body Skills with Traumatized Youth: Tools for Emotional Regulation

April 27

8:30 a.m. – 3:45 p.m.

**Troester Media Center  
3401 Renick, St. Joseph, MO 64507**

Admission \$75 • Lunch on your own  
CEs available for an additional \$35

This training day supports the knowledge that our nervous systems are in control during stress and trauma, not our rational or logical thinking and why and how to treat trauma as a body experience. Participants will learn advanced mind-body strategies during this training day. The major focus will be on differentiating between sensations and feelings. Participants will learn and practice how to engage traumatized youth in activities that:

- 1) promote sensation awareness
- 2) teach grounding techniques
- 3) help build resources for emotional regulation
- 4) safely discharge activation

**Presenter Jean West LCSW, ACTP**, is a Licensed Clinical Social Worker who provides TLC trauma training internationally. She divides her time between training, trauma consulting and working in a district homeless program, as well as maintaining a part-time private practice working with children and adults who are struggling with trauma. West was the TLC Trauma and Loss Specialist of the Year 2011.

**Register by: April 25**

**To register contact:**  
**Mindy Hicks 816-671-4000**  
**[mindy.hicks@sjsd.k12.mo.us](mailto:mindy.hicks@sjsd.k12.mo.us)**

**For a list of CEs available go to:**  
**[www.starrtraining.org/ce](http://www.starrtraining.org/ce)**

Training content questions contact: Jean West 816-273-8847



**[starrtraining.org/tlc](http://starrtraining.org/tlc)**